

Riverside County COVID-19 Pandemic Physician Wellness Check-Up



Wednesday, May 6, 2020

Dear RCMA Member Physician,

Having the honor of serving as your RCMA President, and being a fellow physician myself, I am aware of the stress and burden that has been placed on healthcare providers during the current COVID-19 Pandemic.

During times like this it is imperative that we take the time necessary to focus on our own wellness and well-being and those of our physician colleagues and healthcare professionals who work alongside us while also taking care of our patients.

We at RCMA want you to remain mindful of your health and wellness. This RCMA COVID-19 Physician Wellness Check-Up Newsletter provides you with current tools and resources available to assist physicians in achieving optimal wellness and well-being as we navigate through these unprecedented times.

Your health and well-being is of utmost importance and RCMA is here to support you.

Sincerely,

A handwritten signature in blue ink, which appears to read "Bruce Holmblad".

Bruce Holmblad, M.D.
RCMA President

PHYSICIAN WELLNESS RESOURCES



Care 4 Caregivers Now

Care 4 Caregivers Now is a new program established by the California Medical Association Wellness Program (CMA Wellness) to assist California physicians (M.D. and DO), nurses and respiratory therapists who are providing emergency care or intensive services to acutely ill COVID-19 patients. This program is now available at no cost for up to 30 days.

[Learn more](#) or sign-up today.

[Get Coaching](#)



RCMA's Physicians' Confidential Helpline (844) 4DOCPRN

RCMA's Physicians' Confidential Helpline offers emotional support in a safe and confidential environment where you can share freely the challenges you are facing without fear of repercussion. This confidential phone line is staffed by local peers who are eager to lend an ear and assist you with addressing your current situation. **Call (844) 4DOCPRN**

[Learn More](#)



24/7 Phone Support for Health Care Workers

RUHS has established a free 24/7 Phone Support for Health Care Workers, First Responders & Essential Staff to provide support during the current COVID-19 crisis. This service includes individual coaching, counseling, and an ear willing to listen to you.

[Learn More](#)



Emotional Well-Being Free COVID-19 Webinar Series

UCSF Weill Institute for Neurosciences furnishes a 9- week webinar series with a panel of expert discussing the mental health and emotional wellness of health care providers, including ways for providers to reduce personal stress and support Emotional Well-Being During the COVID-19 Crisis for Health Care Providers.

[View Webinars](#)

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Medicine

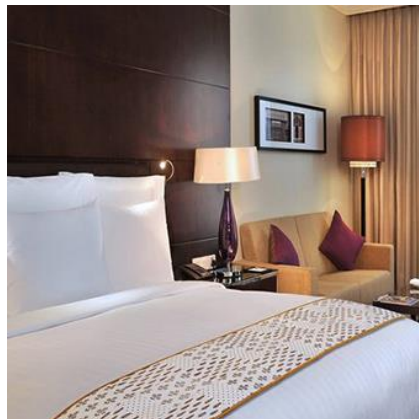
Managing Anxiety Related to Taking Care of COVID-19 Patients Free CME Webinar

Stanford Medicine offers free COVID-19 webinars. The Managing Anxiety Related to Taking Care of Patients during the COVID-19 Pandemic addresses strategies that healthcare professionals may utilize to manage their anxiety related to caring for patients with COVID-19 infection.

[View Webinar](#)

Hotel Rooms For COVID-19 Frontline Physicians

UCR
EXTENSION



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

UCR Extension Center provides hotel rooms **free of charge** for physicians who are on the frontlines fighting the current COVID-19 Pandemic. If you're in need of temporary housing reach out to RCMA for support at sjackson@rcmadocs.org.

Contact RCMA


Hotels for healthcare workers provided by the **Governor's Office of Emergency Services Cal OES** is a resource that provides hotels rooms for healthcare workers in the State of California who have been exposed or tested positive for COVID-19.


Contact CalOES

32nd Annual Western States Regional Conference on Physicians' Well-Being

→ **Friday, October 30, 2020 | 8 a.m. - 4 p.m.**
UC Riverside Extension Center

6.75 CME Credits

 **Physician Wellness** **Disruptive Physicians** **Cannabis Update** **Drug Testing** **Legal Issues**



 **RCMA Physicians' Confidential Line (844) 4DOCPRN**
"Physicians Supporting Physicians"



Riverside County Medical Association | www.rcmadocs.org/wellness

